

Healthy Bites



Information To Improve Your Selection and Use Of Foods In Your Home



WANTED: Stronger Bones!

Volume XVII

During the growing years of childhood, our bodies are building and rebuilding bone daily. How much we build depends on many things, especially diet and exercise. Calcium, a mineral found in many foods, helps the body build strong bones. If you don't get enough calcium as a child, your bones will not become strong enough to support you later possibly causing osteoporosis later in life. To build strong bones, children need plenty of calcium for their growing bodies every day.

Most babies and toddlers get plenty of calcium from breast milk and formula. But after age three, many kids don't. Most children CAN get the calcium they need from their diet without taking a supplement. Just three cups of milk a day provide enough calcium for children under nine. You can help your child get calcium by serving cereal with milk for breakfast, and a cup of milk with lunch and dinner. Another option is foods fortified with extra calcium, like frozen waffles, cereals and juice. Yogurt, pudding and cheese make great high-calcium snacks. Other healthy finger-foods are broccoli or other vegetables with yogurt dip. Fruit smoothies made with milk, ice cream or frozen yogurt are a good source of calcium. In families where parents drink milk, children tend to have a higher calcium intake.

Exercise is also important for healthy bones. Children who are active stay healthier and have stronger bones throughout life than those who are inactive.

All-around good nutrition is essential for children to become as strong, smart and healthy as they can be in their growing years. The food guide pyramid (Mypyramid.gov) is an easy-to-use guide for selecting healthy foods that fit your family's lifestyle and tastes. Think of the food groups: Milk, Meat, Fruits, Vegetables and Grains as you plan your family's diet, and try to choose high-calcium foods from each group. Remember, your nine to 12 year olds need 1,300 mg of calcium per day, more than two to three servings of milk. Starting healthy habits at a young age can make a big difference to their bones throughout life.



Source: University of Arizona Cooperative Extension

****WORD WISE****

Osteoporosis

A disease in which the bones become extremely porous, are subject to fracture, and heal slowly, occurring especially in women following menopause and often leading to curvature of the spine from vertebral collapse.

Source: Dictionary.com



****PUMPKIN BARS****

Ingredients:

2 cup all-purpose flour	1/2 tsp ground nutmeg
1 cup sugar	1/2 tsp ground cloves
2 Tbsp ground cinnamon	1/2 tsp vanilla extract
2 tsp baking powder	1 can (15 oz) pumpkin
2 tsp baking soda	3/4 c applesauce
3/4 tsp salt	1 cup raisins
4 eggs	



Directions: Preheat the oven to 350°. Grease a jelly-roll pan (a 15-inch baking sheet with sides). Stir first eight (dry) ingredients in large bowl to blend. Add vanilla extract, pumpkin, eggs and applesauce. Beat until well blended. Mix in raisins. Spread batter in prepared pan. Bake 20 to 25 min or until tester inserted into center comes out clean. Remove from oven and allow to cool on a rack. Cut into 24 squares.

Per serving: 1 g fiber, 1 g total fat, 108 calories

Source: Wellness Kitchen

Color, Shape and Size in the Kitchen

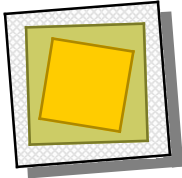
Your kitchen is filled with many wonderful foods and cooking tools in a variety of colors, sizes and shapes. It is the perfect laboratory for exploring some of the first topics children learn in school: color, shape and size. Understanding these concepts is important because your child uses them in observing, comparing and discussing all she sees and encounters. The ability to notice, use and voice similarities and differences are at the heart of beginning math, science and reading skills. So take a look around your kitchen and try the ideas below, or your own, to see how many different ways you and your child can celebrate these three basic concepts with food!

Color

Have an orange meal. One way to focus on a particular color is to have an entire meal that is the same color. This will help your child to not only focus on learning the name of a particular color, but also it will help her see the many different shades of a particular color. For example, not all oranges are the same shade! As you and your child prepare the meal, discuss the differences she notices in the colors. Are some dark and some light? Which foods have other colors mixed in? For an orange meal, consider serving macaroni and cheese, sweet potatoes, carrot sticks and orange juice.



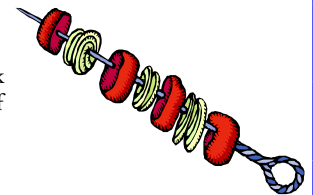
Shape



Eat a square meal. We have all heard of the importance of eating a square meal of healthy foods, but why not have a really "square" meal? Serve waffles (big and little squares) with a side dish of pineapple chunks for breakfast. Have a snack of square cheese slices on square crackers placed on a square napkin. As you are preparing and enjoying your meals, ask your child to notice the similarities and differences between the different squares. Help her notice that all the squares have four sides, but can be various sizes. For a fun challenge, give your child a slice of pre-wrapped American cheese. As she unwraps it, ask her how she can fold her cheese square into a triangle (point to point).

Make shape kebobs. Patterning is an important part of learning how to use shapes mathematically.

Experiences with patterns help your child understand the concept of a number line. You and your child can use stick skewers to make a repeating shape kebab pattern with square pineapple cubes, banana rounds and triangles cut out of melon pieces. Ask your child to say the shape names as you skewer your fruit kebabs, repeating the "square-circle-triangle" pattern along the stick. Voicing the pattern helps your child hear and feel the pattern, as well as see it.



Size

Bake little, medium and big cookies. Use graduated-size (small, medium, large) star-shaped cookie cutters to make simple sugar cookies from your favorite recipe. Ask your child to line up the cookies for icing in the order of their size. You will be asking her to use the math skill of *seriating* core to understanding the number line. Ask your child, "What size is this cookie? Which is the largest cookie?"

Have a taste test to compare foods in various sizes, such as regular and cherry tomatoes, miniature squash and normal-sized squash, or small, medium and large pretzels. Ask, "How do they taste? Which do you like best?"



Source: Ellen Booth Church

CHECK YOUR LABEL

Calcium Facts

Don't be fooled! Always check the label for calcium because you can't make assumptions about the amount of calcium in specific food categories. Example: the amount of calcium in milk, whether skim or whole, is generally the same per serving, whereas the amount of calcium in the same size yogurt container (8 oz) can vary from 20 to 45 percent daily value.

Nutrition Facts	
Serving Size 1 cup (236ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0% Vitamin D 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Source: U.S. FDA

FOOD NUTRITION HOTLINE

MSU Extension provides a General Nutrition Hotline for county residents, (586) 469-5060.

Jane Smith staffs the Hotline, and is available M-W-F from 9 a.m. to 3 p.m. to answer general food/nutrition questions and provide information about food safety and food preservation, such as canning and freezing.

We also provide to county residents testing of pressure canning equipment.

Residents will be required to leave the lid of the unit for testing and return in 2 days to pick up their equipment. No fee is charged for county residents.



Foodborne Illness: What consumers need to know...

Foods that are safe from harmful bacteria, viruses, parasites and chemical contaminants are vital for healthful eating. Safe means that the food poses little risk of foodborne illness. Farmers, food producers, markets, food service establishments and other food preparers have a role to keep food as safe as possible. However, we also need to keep and prepare foods safely in the home and be alert when eating out.

What is foodborne illness?

Foodborne illness is caused by eating food that contains harmful bacteria, toxins, parasites, viruses or chemical contaminants. Bacteria and viruses, especially *Campylobacter*, *Salmonella* and Norwalk-like viruses, are among the most common causes of foodborne illness we know about today. Eating even a small portion of an unsafe food may make you sick. Signs and symptoms may appear within half an hour of eating a contaminated food or may not develop for up to three weeks. Most foodborne illness lasts a few hours or days. Some foodborne illnesses have effects that go on for weeks, months or even years. If you think you have become ill from eating a food, consult your health care provider.

Follow the steps below to keep your food safe. Be very careful with perishable foods such as eggs, meats, poultry, fish, shellfish, milk products and fresh fruits and vegetables. If you are at high risk of foodborne illness, be extra careful.



Tips for those at high risk of foodborne illness

Who is at high risk of foodborne illness?

- ✗ Pregnant women,
- ✗ Young children,
- ✗ Older persons and
- ✗ People with weakened immune systems or certain chronic illnesses.



Besides following these guidelines, here are some extra precautions for those at high risk:

- ✗ Do not eat or drink unpasteurized juices, raw sprouts, raw (unpasteurized) milk and products made from unpasteurized milk.
- ✗ Do not eat raw or undercooked meat, poultry, eggs, fish and shellfish (clams, oysters, scallops and mussels).

New information on food safety is constantly emerging. Recommendations and precautions for people at high risk are updated as scientists learn more about preventing foodborne illness. If you are among those at high risk, you need to be aware of and follow the most current information on food safety. For the latest information and precautions, call USDA's Meat and Poultry Hotline, 1-800-535-4555, or FDA's Food Information Line, 1-888-SAFE-FOOD or consult your health care provider. You can also get up-to-date information by checking the government's food safety Website at <http://www.foodsafety.gov>.

Source: USDA

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macombcountymi.gov/msuextension

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- Program descriptions
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Copy cats permitted!



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